THE CLARION

November 2026

Culpepper Garden
Housing and services for low-income seniors in Arlington County

4435 North Pershing Drive, Arlington, VA 22203
(703) 528-0162
VA Relay: 1-800-828-1120

Table of Contents

2 Calendar
3 Birthdays!
4 Management Updates
5 Executive Director Updates
6 Staff Updates
7 Accounting
8 Dining Services
10 Nutrition
11 Resident Services
12 Clinic Space
13 Arlington County Programs
14 Translation Services
15 ARHC Updates
16 Resident Led Programming
17 Transportation Updates
18 Volunteer Led Programing
20 Special Programs
21 Holidays
23 Memoriam
24 Games



IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY PLEASE EMAIL RESIDENTSERVICES@CULPEPPERGARDEN.ORG

Our communities do not discriminate on the basis of race, color, religion, national origin, sex, elderliness, familial status, disability, source of funds, sexual orientation, gender identity and veteran status in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the communities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:15AM**:Catholic Communion - Spiritual (MPR A) **2PM:** Protestant Service Spiritual (CGIII 8TH FL) Daylight Saving Time Ends	2 **10AM** Goodwin Balance Screening (L) **10AM** VICAP Medicare Open Enrollment (MPR) **2PM** Bingo W/Jim (GCIII) **3PM** Goodwin Exercise (MPR-B) **3PM** Rumikube W/Carolyn (6 FL CGIII)	3 **Election Day!** **MPR** **8:30AM** Family Coffee W/Mai (3rd FL Lobby) **1PM** Exercise Fun W/Gail (3FL CGIII)	4 **11AM** PAL Pets (L) **11AM** Medicine at Home Visit (L) **1:30PM** Mobile Library Visit (Dining) **2PM** Strength and Balance Exercise (CGIII 3rd Fl) **3PM** Scrabble w/Carolyn (CGIII)	5 **9AM** Coffee Talk W/Paul (Dining) **11AM** Goodwin Stronger Memory and Exercise (MPR-B)	6 **11:30AM** Full AFAC Pick Up (MPR) **2PM** Bingo W/Kellie &Chrissy (MPR-A) **6PM** Evening Prayer and Communion (MPR A)	7 **11AM:** Video Exercise W/ Gail (CGIII 3rd FL) **1:30PM:** Jazz Music W/ Ed (MPR)
8 **10:15AM**:Catholic Communion - Spiritual (MPR A) **2PM**: Protestant Service Spiritual (CGIII 8TH FL) Diwali (Hindi)	9 **2PM** Bingo W/Jim (GCIII) **3PM** Goodwin Exercise (MPR-B) **3PM** Rumikube W/Carolyn (6 FL CGIII)	10 **8:30AM** Family Coffee W/Mai (3rd FL Lobby) **1PM** Exercise Fun W/Gail (3FL CGIII) **2PM** Rosary (MPR-A)	11 **11AM** Medicine at Home Visit (L) **1:30PM** Mobile Library Visit (Dining) **1PM** Culpepper Creates (PDR) **2PM** Strength and Balance Exercise (CGIII 3rd Fl) **3PM** Music with Val (L) **3PM** Scrabble w/Carolyn (CGIII) Veterans Day	12 **11AM** Goodwin Stronger Memory and Exercise (MPR-B) **3PM** Music W/Val (L)	13 **11:30AM** Partial AFAC Pick Up (MPR) **2PM** Fall Festival W/Sun Shine Gang (Dining) **6PM** Evening Prayer and Communion (MPR A)	14 **9:30AM** Nail Painting W/John (CGIII 8) **11AM:** Video Exercise W/ Gail (CGIII 3rd FL) **1:30PM:** Jazz Music W/ Ed (MPR) **2PM** Perfect pointe Dance Performance (Dining)
15 **10:15AM**:Catholic Communion - Spiritual (MPR A) **2PM**: Protestant Service Spiritual (CGIII 8TH FL)	16 **Podiatry Clinic (Appt.Only)** **2PM** Bingo W/Jim (GCIII) **3PM** Goodwin Exercise (MPR-B)	17 **8:30AM** Family Coffee W/Mai (3rd FL Lobby) **10:30AM** Goodwin Living Service Fair (MPR) **1PM** Exercise Fun W/Gail(3FL CGIII) **2PM** Rosary (MPR-A)	18 **11AM** Medicine at Home Visit (L) **1:30PM** Mobile Library Visit (Dining) **2PM** Strength and Balance Exercise (CGIII 3rd Fl)	19 **11AM** Goodwin Stronger Memory and Exercise (MPR-B) **12PM** Movie and Lunch W/Cherry Blossom PACE (Dining)	20 **11:30AM** Full AFAC Pick Up (MPR) **6PM** Evening Prayer and Communion (MPR A)	21 **Thanksgiving Luncheon** **11AM:** Video Exercise W/ Gail (CGIII 3rd FL) **1:30PM:** Jazz Music W/ Ed (MPR)
22 **10:15AM**:Catholic Communion - Spiritual (MPR A) **2PM:** Protestant Service Spiritual (CGIII 8TH FL)	23 **2PM** Bingo W/Jim (GCIII) **3PM** Goodwin Exercise (MPR-B) **3PM** Rumikube W/Carolyn (6 FL CGIII)	24 **8:30AM** Family Coffee W/Mai (3rd FL Lobby) **1PM** Exercise Fun W/Gail(3FL CGIII) **2PM** Rosary (MPR-A)	25 **11AM** Medicine at Home Visit (L) **1PM** Culpepper Creates (PDR) **1:30PM** Mobile Library Visit (Dining) **2PM** Strength and Balance Exercise (CGIII 3rd Fl) **3PM** Scrabble w/Carolyn (CGIII)	26 **11AM** Goodwin Stronger Memory and Exercise (MPR-B) **2PM** Catholic Mass (MPR) Thanksgiving Day (U.S.)	27 **11:30AM** Partial AFAC Pick Up (MPR) **6PM** Evening Prayer and Communion (MPR A)	28 **11AM:** Video Exercise W/ Gail (CGIII 3rd FL) **1:30PM:** Jazz Music W/ Ed (MPR)
29 **10:15AM**:Catholic Communion - Spiritual (MPR A) **2PM:** Protestant Service Spiritual (CGIII 8TH FL)	30 **3PM** Goodwin Exercise (MPR-B)					

All Programs Subject to Change.

HAPPY BIRTHDAY

Happy November Birthdays:





11.03 - Suraya P.
11.07 - Pertef A.
11.11 - Kevin S.
11.11 - Corina H.
11.15 - Ngoc V.
11.16 - Maria S.
11.17 - Jung K.
11.18 - Sharon B.
11.18 - Rafael O.
11.19 - Maria B.
11.19 - Leo M.
11.20 - Leslie W.
11.21 - Zelmira A.
11.22 - A(Kris) W.
11.22 - Iara R.
11.24 - Zeineb S.
11.25 - Muhjuba R.
11.27 - Angela C.
11.28 - Delia R.
11.28 - Sue L.
11.29 - Adefris K.
11.30 - Shelly Q.
11.30 - Judy O.

ICE CREAM SOCIAL



Next Ice Cream Social is on January 27th at 2pm

SPONSORED BY: PREVIOUS RESIDENT ASSOCIATION

FROM THE DESK OF EXECUTIVE DIRECTOR

November! Hope everyone had a good Halloween!! Activities and events will be everywhere starting this month, please come and join us. Make plans with neighbors and friends. Hold your own events in one of our reserved common areas. We are entering the time of year when reflection and enjoyment of friends, families, and ourselves is so very easy. You all deserve the light and joy of Thanksgiving and the holidays beyond, Enjoy!

Management Notes:

Angela Burton the former Assisted Living Administrator is no longer with Culpepper Garden. Angela was wonderful but decided to pursue other opportunities utilizing her experience and training as an AL Administrator and Nurse. We wish her all the best.

The CG III elevator modernization is continuing. The first elevator is scheduled to be complete by the end of this month. Once that is completed, work will begin on the large elevator.

Please be careful as the leaves fall. They can create slip and trip hazards. Our team works hard to keep the walkways and parking lots clear but please watch your step.

Election Day is Tuesday, November 3rd. Culpepper Garden is a polling place. Please remember to VOTE! It's a civic duty. We expect a high turnout so the building will be busy with voters and parking will be tight all day. Plan accordingly.

Another year has passed since I last paused to give thanks to our community. Culpepper Garden is such a rich and diverse opportunity to share and care.

Every day as I walk into this special place I am thankful for the opportunity to serve, for being able to learn, and most of all sharing our love of life, friends, family, and the everyday chance at joy. Thank you.

– Paul Timpane

Executive Director

Coffee Chat With Paul:

Thursday, November 5th

9AM - 10AM

(Dining Room)



Paul's Prose

Coming forth, the inevitable decay.
Wellsprings of their former plenty course upon earth and water, dappled in glorious hues.
The last, clinging high above, refuse the forgotten spring.
Yearning for summers ebbing light,
We too, slumber together for winters delight.

Semi-Annual Inspections CGI, CGII & CGIII

The Maintenance team will be scheduling inspection throughout the week of:

October 12th - November 13th 2026

Exact dates and times will be given to you closer to inspections

Inspections will Include:



- Automatic Cooktop Fire Suppression
- Appliances
- Window Blinds
- Electrical
- Plumbing
- PTAC Units
- Cleaning and Changing Filters
- Smoke Detectors
- Stoves

Director of Plant Operations
Ray Reyes
rreys@culpeppergarden.org EXT.122

STAFF UPDATES

Administrative Team

Paul Timpane: Executive Director
Liberty Efford: Business Office Manager
Ray Reyes: Director of Plant Operations
Jonathan Bernal: Director of Dining Services
Renita Payne: Resident Service Coordinator
Niveen Laa: Director of Compliance
Charles Robinson: Recertification Specialist
Judi Velasco: Accountant Manager
Samantha Herbel: Leasing Manager
Colleen Boltri: Life Enrichment Director
Marta Hill Gray: President of Culpepper Garden
Jasmin Witcher: VP, Development

CONTACT US
703-528-0162

Staff Birthdays

MARIFLOR RUBIO GONZALEZ- 11/09

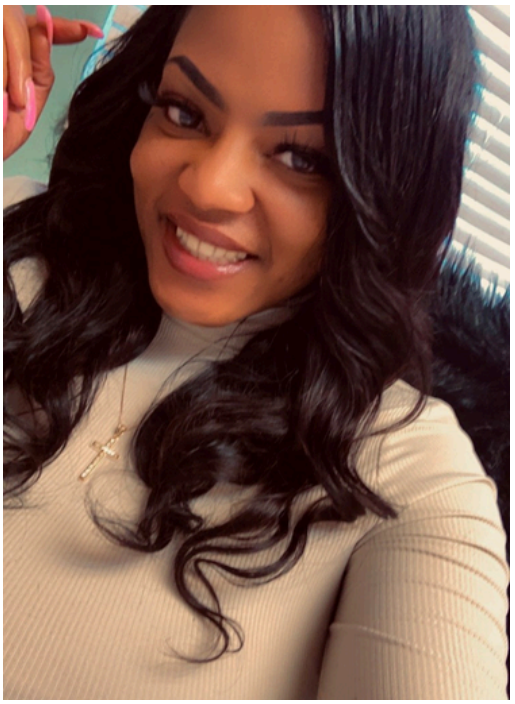
CHARLES ROBINSON- 11/15



EMPLOYEE OF THE MONTH

LIBERTY EFFORD

Interview with Team Member:



How long have you worked at Culpeper Garden? **1 year**

What do you like most about your job? **The teamwork**

Where are you from? **Arlington, VA**

What do you like to do most in your free time? **Watching true crime documentaries and stories**

If you could learn any new skill, what would it be? **Forensic pyschology with a focus on criminal profiling**



Employee of the Month recommendation forms are located at the front desk. Please submit your recommendations to Liberty in the Business Office. Thank you!

Rent Increase/Decrease Adjustments

·If you are in Culpepper Garden I and under a Housing Assistance Program, please be advised that there will be a change in your rent after you do a recertification.

You will be receiving a notice from Arlington County regarding your rent increase/decrease.

The accounting office is not responsible for making any increase or decrease in your rent, that is due to recertification done by Arlington County, Culpepper Garden is using the rent amount determined by Arlington County.

If you have any questions or concerns regarding your recertification results or rent changes, please contact:

Raynell Hughes, Housing Specialist

Email: rhughes1@arlingtonva.us

Phone: (703) 228-1464

Rent Payments

- **DO NOT** use **LOFT** online electronic payments.
- Any electronic or online payments are not setup yet. All payments need to be made by check or money order.
- It is important to monitor your bank account carefully to avoid overspending and to ensure that your check will not bounce.
- All residents will be informed and provided instructions once online payments are available to be used as payment option.
- Submit your checks or money orders to the Front Desk or Accounting. The Culpepper Garden Assisted Living mailbox will no longer be available. **DO NOT** submit your check to anyone else.

Monthly Statements

- If you made charges (meals, maintenance, housekeeping) during 25th – 31st of the month, these charges will appear on the subsequent statement. Please be mindful of the charges you purchase during this time.
- For Example: If you purchased a meal ticket on September 26, this would not appear in the October statement, it would appear on your November statement.

Meal Plans

Send any meal plan cancellations, applications, or changes before the 25th of the month.

DINING UPDATES

Dining Services Council Meeting
November 11th at 1PM
(Dining Room)

Bring your suggestions and feedback on the second Wednesday of every month to the dining room!

Thanksgiving Luncheon: Saturday November 21

1st seating - 11:30AM | 2ND seating - 12:30AM

All guests must purchase a $15 ticket - residents may use a meal ticket. If you are not on a meal plan you must purchase a $15 ticket.

Join Dining Services in a traditional Thanksgiving meal! Enjoy a menu of Thanksgiving foods, and desserts.

RSVPs are required. The front desk will be accepting reservations from October 15 - November 15 (8am-5pm)





Family and friends are welcome to come! The more the merrier!

Director of Dining Services
Jonathan Bernal
jbernal@seniorlifestyle.com

NUTRITION

HELPING HANDS PANTRY



Thank you for participating in the Helping Hands Pantry at Culpepper Garden.

Take what you need, give what you can.

Helping Hands Pantry Reminders

- **Pantry open on Monday's and Wednesday's**
- For Residents only.
- Please only take up to **3 items** only.
- Donations of non-refrigerated, non-expired foods are accepted. Please do **not** put clothing or other items on the pantry without prior approval from Resident Services.
- Food donations should be brought down to the Garden Level, and not be left on floors during business hours. Outside business hours, leave donations at front desk for Resident Services.

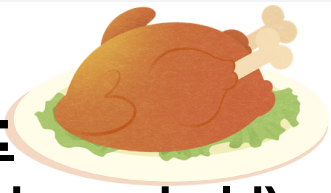
Food donations can be put directly on the pantry or brought to Resident Services during business hours.

Thank you for your kindness and generosity!

AFAC

CULPEPPER GARDEN AFAC DISTRIBUTION

EVERY FRIDAY 11:30AM - 1PM MPR



UPCOMING HOLIDAY UPDATES:

***Nov 20th- WHOLE FROZEN CHICKEN WEEK (1 per household)**

***In observation of the Thanksgiving Holiday there WILL NOT be AFAC PICK UP on Friday Nov 27th. The pick up date has been moved to Tuesday Nov 24th at 11am to 1pm**

- **Fri Dec 25 - AFAC is closed. Rescheduled to Tue Dec 22.**
- **Fri Jan 1 - AFAC is closed. Rescheduled to Tue Dec 29**

****EVERY FRIDAY IS LARGE AFAC UNTIL JANUARY ****



Residents are permitted to line up at 11AM on Fridays.

There is no saving spots in line. The doors do not open until 11:30AM and we close at 1PM.

There will be enough food for everyone who attends.

DON'T FORGET YOUR BAG!

RESIDENT SERVICES



Come visit Resident Services on the Garden Level. We are here to help you navigate services at Culpepper Garden and Arlington County. We would love to see you!

Please stop by or make an appointment.

We look forward to helping you!

Best wishes, Your Resident Services Team

Support vulnerable populations by educating, empowering, advocating and connecting them with services that provide opportunities for inclusion and connection.

contact me

Renita Payne
Resident Services Coordinator
703-528-0162 Ext. 143
rpayne@culpeppergarden.org
residentservices@culpeppergarden.org

FARMER'S MARKET

November 18th at 11am-12pm

FREE Distribution for Residents in MPR





CLINIC SPACE

Blood Pressure Checks

SPONSORED BY MARYMOUNT UNIVERSITY STUDENTS

NOVEMBER 13TH 2PM

CLINIC ROOM

Mental Health Counseling: Sponsored by GW Mental Health Clinician Students

On-site counseling spots are now **OPEN**. Please contact Resident Services to be put on the waitlist and/or call Arlington County for additional referrals.

703-228-5160

Health Clinics

Sign up in the yellow clinic binder - located in the Lobby

Hearing (Ear) Sponsored by: Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC

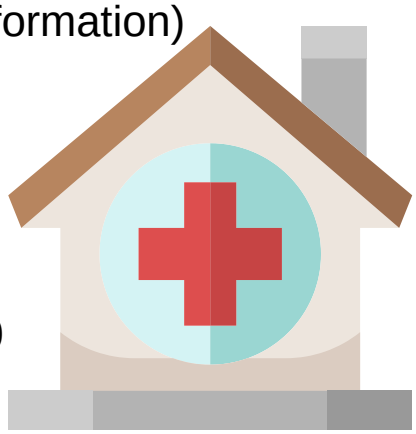
- Quarterly: Dates TBD (Call Resident Services for more Information)

Podiatry (Feet) Sponsored by: Dr. Breiner and Associates

- Monthly: Third Monday (Insurance required)

Dermatology (Skin) Sponsored by: Onsite Derm

- Monthly: Fourth Monday (Insurance Required)
- Please schedule an appointment by calling: 877-345-5300



Dental (Teeth) Sponsored by: Fenwick Foundation

- Quarterly: Dates TBD (Call Resident Services for more Information)
- Participants must meet eligibility criteria

Vision (Eye) Sponsored by: Dr. Peyam Mohallal O.D & Associates

- Monthly: Dates TBD (Call Resident Services for more Information)
- Insurance required
- Paperwork available with Resident Services

CLINIC SPACE

Goodwin Living Health

PHYSICAL THERAPY



Goodwin Rehabilitation Now In-Network with UHC Dual Advantage!

We are pleased to let you all know that Goodwin Rehabilitation is now in-network with UHC Dual Advantage. If you have UHC Dual and are interested in rehabilitation services (physical therapy, occupational therapy and speech therapy) please contact the Goodwin Rehabilitation clinic at **Goodwinrehab@goodwinliving.org or call 703-472-8647.**

Monday Nov 2
Balance Screen Lobby 10AM -12PM
Exercise with Rehab 3 PM MPR

Thursday Nov 5
Stronger Memory Class 11 AM MPR

Monday Nov 9
3 PM Exercise with Rehab MPR

Thursday Nov 12
Stronger Memory Class 11 AM MPR



Monday Nov 16
3 PM Exercise with Rehab MPR

Tuesday Nov 17
11 AM Goodwin Living Health Fair- Raffle Basket MPR

Thursday Nov 19
Stronger Memory 11 AM MPR

Monday Nov 23
3 PM Exercise with Rehab MPR

Thursday Nov 26- HAPPY THANKSGIVING No Stronger Memory Class

Stronger Memory Exercise

Goodwin Rehabilitation is excited to host our **Stronger Memory + Exercise Class** every Thursday at 11:00 AM in MPR B.

This one-hour class **combines brain health programming with physical exercises** designed to support overall wellness, cognitive function, and healthy aging.

We encourage everyone to join! If you miss the class and want to pick up materials, they will be available outside of Resident Services!

We look forward to seeing you there!



Every Thursday 11AM in MPR B

ARLINGTON COUNTY PROGRAMS

Transportation: Arlington Shoppers Loop

Call for a Reservation: 703-202-0030

ARLINGTON COUNTY AGING AND DISABILITY

703-228-1700

Have a question? Reach out to Arlington County Aging and Disability to connect to resources, and learn about what is going on within Arlington

Transportation: Arlington Shoppers Loop

Call for a Reservation: 703-202-0030

The loop will pick up from Culpepper Garden on Tuesdays at 10:40AM or 11:50AM.

You must call to make a reservation.

The Loop will go to: Target, Harris Teeter, Giant, and Trader Joes!

If you have not registered for this new loop - please see Resident Services ASAP!

VICAP - MEDICARE OPEN ENROLLMENT

VICAP WILL BE HERE TO ANSWER ALL YOUR MEDICARE QUESTIONS

Be open-minded as you compare plans:

Between October 15-December 7, you will have the chance to look at ***all*** your Medicare health plan choices for 2024, including prescription drug plans and Medicare Advantage Plans from private insurers.

MEDICARE OPEN ENROLLMENT OCT. 15 –DEC. 7

MONDAY NOVEMBER 2ND 10AM-1PM

SIGN UP BEGINS OCT 19TH WITH RENITA

ARLINGTON COUNTY PUBLIC LIBRARY

MOBILE LIBRARY

Wednesday November 4th at
1:30PM - 2:30PM CGI Dining Room
Miércoles 7 de octubre
a las 13:30 14:30 Comedor CGI

(Monthly - First Wednesday)
(Mensual - Primer miércoles)

No RSVP needed! Just show up!

¡No es necesario confirmar asistencia! ¡Solo tienes que aparecer!

CHECK OUT THE LOBBY BULLETIN BOARD FOR MORE EVENTS AROUND ARLINGTON!

Arlington Public Library

TRANSLATION SERVICES

Need Translation Services?

Pocketalk Device Available at Goowin Rehabilitation- Culpepper Garden Apartments



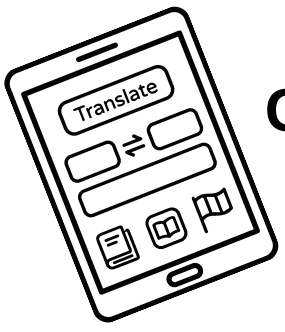
At Goodwin Rehabilitation, we are committed to making sure every resident feels heard, understood, and supported throughout their therapy journey. We are excited to share that we now have access to Pocketalk, a translation device that can help facilitate communication in many different languages. Pocketalk is the first HIPAA compliant handheld translation device. The use of this device comes with no cost to residents.

If English is not your preferred language, Pocketalk can assist during conversations with our rehabilitation team by providing real-time translation. This allows us to better discuss your physical therapy goals, answer questions, explain exercises, and ensure you feel comfortable and confident in your care.

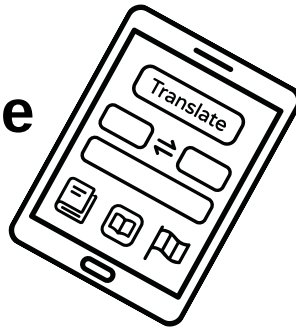
Clear communication is an important part of successful rehabilitation, and we are pleased to offer this tool to help bridge language barriers and improve the therapy experience for our diverse resident community.

If you are interested in learning more about physical therapy services or would like to use Pocketalk during an appointment, please let a member of the Goodwin Rehabilitation team know. We are here to help you stay active, independent, and engaged in your health and wellness.

We look forward to supporting you—no matter what language you speak!

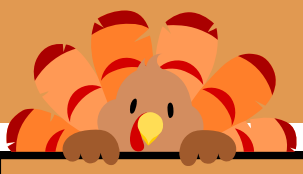


Call us at 703-552-9211 or stop by the rehab clinic on the basement level.



Goodwin Living

ARHC UPDATES





The Arlington Turkey Trot
November 21st

🧡 **Learn more and sign up to volunteer: https://arlingtonvaturkeytrot.org/support/volunteer/ or contact Jasmin Witcher at 703-528-0162, x104. Thank you for your support! Jasmin**

Pancakes with Santa Fundraiser:

December 5th 9am-11am

Dining Room

$25 for the general public

$5 off the ticket cost for family members of Culpepper Garden residents.



Toys for Tots

Toys for Tots is a program run by the United States Marine Corps Reserve that collects and distributes new, unwrapped toys to economically disadvantaged children at Christmas

Donation box located in the lobby.

We will be accepting donations 11/11-12/4

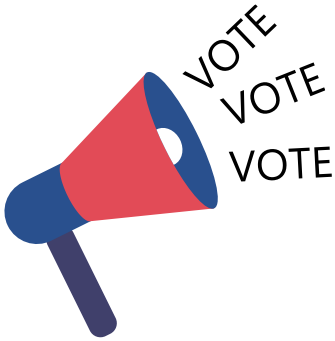


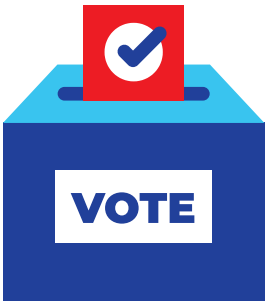
Vote November 3rd in MPR

General and Special Elections

Opens at 6AM

Closes at 7PM





Following items are accepted

- New, unwrapped toys (ideally valued at $10 or more)
- Books (three books count as one single gift)
- Homemade toys
- Items for older kids and teens, such as sporting equipment, backpacks, board games, remote-control cars, purses, wallets, makeup, and bath sets

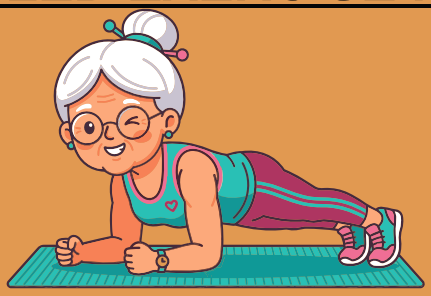
RESIDENT LED PROGRAMMING

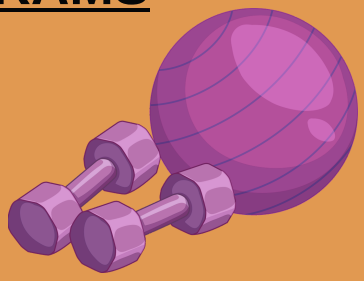
****Please fill out an event request form for any programs you would like to lead!****

Sign up to show a movie using the Movie Night Clipboard - located on the Lobby Table.

RESIDENT LED EXERCISE PROGRAMS





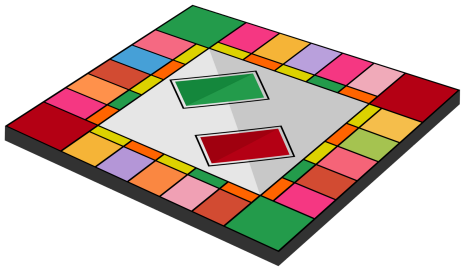


Fun Exercise with Gail
Every Tuesday
1PM - 2PM
CGIII 3RD Fl

Strength and Balance with Gail
Wednesday
2PM - 3 PM
CGIII 3RD Fl

Video Exercise with Gail
Saturdays
11AM - 12PM
CGIII 3RD Fl

GAMES



Rummikub

Every Wednesday

5PM - 6PM

5th Floor CGII Lobby



SPIRITUAL PROGRAMMING

CHECK OUT THE SPIRITUAL BULLETIN BOARD BY MPR-C FOR UPDATES!

Culpepper Garden is a safe place for all religious practices and traditions.
Please let us know how we can best support you!

Rosary
Every Tuesday at 2PM (MPR-A)

Holy Communion
Every Sunday at 10:15AM (MPR-A)

Catholic Mass
The LAST Thursday of Each Month
2PM (MPR-A)

Protestant Church Service
Every Sunday at 2PM (AL - 8th Floor)

Bible Study
Monthly - See Assisted Living calendar for details

Evening Prayer & Communion
Every Friday at 6PM (MPR A)

Portable Sanctuary
Every fourth Friday at 2PM (MPR A)

November Transpotation Schedule

Please sign up in advance!

Monday, November 2nd

Target & One life Fitness

6100 Arlington Blvd, Falls Church, VA 22044

Bus Departs: 10:30pm

ETA to Culpepper: 2:30 pm

Monday, November 9th

Walmart

1500 B Cornerside Blvd, Vienna, VA 22182

Bus Departs: 10:30pm

ETA to Culpepper: 2:30 pm

Monday, November 16th

Target & One life Fitness

6100 Arlington Blvd, Falls Church, VA 22044

Bus Departs: 10:30pm

ETA to Culpepper: 2:30 pm

Monday, November 23rd

Burlington at Seven Corners Center & One life Fitness

6350 Seven Corners Center, Falls Church, VA 22044

Bus Departs: 10:30pm

ETA to Culpepper: 2:30 pm



Monday, November 30th

Walmart

1500 B Cornerside Blvd, Vienna, VA 22182

Bus Departs: 10:30pm

ETA to Culpepper: 2:30 pm

Wednesday, November 4th

Botantical Gardens D.C.

100 Maryland Ave SW, Washington, DC 20001

Bus Departs: 10:30pm

ETA to Culpepper: 3pm

Wednesday, November 11th

NRA National Firearms Museum

11250 Waples Mill Rd, Fairfax, VA 22030

Bus Departs: 10:30 pm

ETA to Culpepper: 3pm



Wednesday, November 18th

Torpedo Factory Art Center

105 N. Union St., Alexandria, VA 22314, situated on the waterfront in the Old Town neighborhood.

Bus Departs: 10:30 pm

ETA to Culpepper: 3pm



Wednesday, November 25th

National Inventors Hall of Fame Museum

600 Dulany Street, Alexandria, VA (inside the USPTO Madison Building)

Bus Departs: 10:30 pm

ETA to Culpepper: 3pm



VOLUNTEER LED PROGRAMMING

BINGO with Jim



Every Monday

at 2PM

6th Floor CGIII



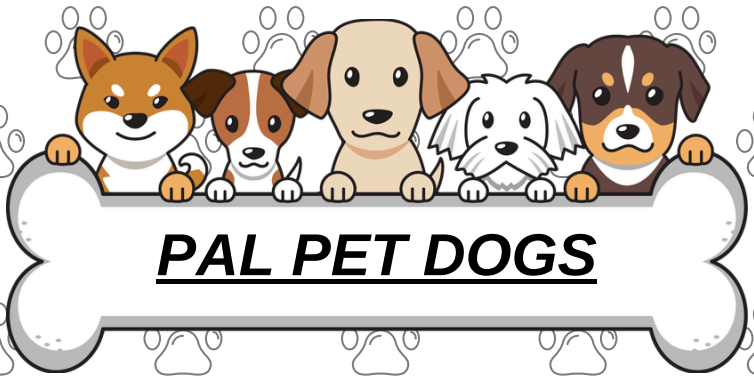
Nail Painting with John and Friends

November 14th

at 9:30am

ON 8TH Floor CGIII





PAL PET DOGS

November 4th

11AM in Lobby

MUSIC

Jazz Piano with Ed

Every Saturday

1:30PM in the MPR B

Piano Music with Val

November 12th & 26th

3pm in Lobby

VOLUNTEER LED PROGRAMMING

Culpepper Creates



Express yourself with AI!

1PM in Private Dining

November 11th & 25th

Current Events with Bart



November 13th at

1:30PM

MPR-A





November 13th at 6PM

6 PM in MPR-B











With

Kellie & Chrissy Friday

November 6th

2PM - 3PM

MPR A





SPECIAL PROGRAMS

Fall Festival

November 13th at 2pm

Dining Room

Live music by "The Sunshine Gang" and free refreshments!

Movie Night!

Every Friday at 6pm

Dining Room

Look out for movie flyers in elevators to see what is showing!





HOLIDAYS

VETERANS DAY (NOVEMBER 11TH)

Veterans Day is a United States federal holiday observed annually on November 11 to honor all military veterans who have served in the United States Armed Forces. Originally named Armistice Day, it was created to mark the end of World War 1 which officially ceased hostilities at the 11th hour of the 11th day of the 11th month in 1918. In 1954, following World War 11 and the Korean War, congress and President Dwight D. Eisenhower changed the name to Veterans Day to honor all American veterans from any conflict. The holiday is spelled without an apostrophe (Veterans Day, not Veteran's Day). A traditional national ceremony takes place at Arlington National Cemetery November 11th at 11:00 a.m. featuring a presidential wreath laying at the Tomb of the Unknown Soldier and a parade of colors.

THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: DIANA P



HOLIDAYS

THANKSGIVING (NOVEMBER 26TH)

Thanksgiving is an annual national holiday in the United States celebrated on the fourth Thursday of November. English separatists, later known as pilgrims, arrived in Massachusetts on the Mayflower in 1620. Indigenous Wampanoag people, including leader Massasoit and guide Tisquantum, helped the struggling colonists learn to plant corn and survive. In Autumn 1621, 52 English colonists and more than 90 Wampanoag people gathered for a three- day harvest celebration. This event is widely remembered as the “First Thanksgiving”. Thanksgiving is a time of reflection and to give thanks for the blessings of the year, family and harvest traditions. It is rooted in early European harvest and religious services. It was proclaimed a national holiday by President Abraham Lincoln in 1863 and officially set by congress in 1941. Traditional meals feature roast turkey, stuffing, mashed potatoes, cranberry sauce, gravy and pumpkin pie. Some events that take place include the Macy’s Thanksgiving Day Parade and football. The United States President traditionally pardons a turkey at the White House. Happy Thanksgiving to everyone and enjoy your meal!

THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: DIANE P.



THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT SERVICES

In Memoriam

CARMEL VALITUTTI 10/1/26

“The best memories of our life can never be captures in pictures, they are always captured by heart.”



Thanksgiving Word Search



Can you find the words hidden in the puzzle?

F O P V N O V E M B E R
A U I G N I G H O S T L
L A L L P U M P K I N T
L A G N T E D O I C I C
A G R A T I T U D E C F
H S I U P U U L M P K A
A T M G C O R N E F R M
R O S B O R I K K C T I
V C T R G A T H E R E L
E A R M L E C O T Y I Y
S F C U N F H S I D U N
T S P H O L I D A Y E Y

FALL
TURKEY
NOVEMBER
PUMPKIN
PIE
FAMILY
PILGRIMS
HOLIDAY
CORN
GATHER
GRATITUDE
HARVEST